



Nov / Dec. 2023

## NEWS ON BROADWAY

58 BROADWAY, ROCKPORT, MA  
978-546-2573



### Monday

Brain & Balance Games  
10:30-11:30 AM

Yoga 10:45-11:45AM

Mah Jongg\* 12:00-2:30

\*For Experienced Players

Ping Pong

12:30-3:30

Bingo 1-3:30

### Tuesday

Aerobics

8:00-9:00AM

Strength & Balance

9:00-10:00AM

Canasta

1:00-3:30PM

Strength & Balance

3:00-4:00PM

### Wednesday

Line Dancing 9-10AM

Yoga 10:45—11:45AM

Movie

1:00-3:00PM

### Thursday

Gentle Flow Yoga

9:00-10:00AM

Duplicate Bridge

11:00AM-2:30PM

Quilting/Knitting

1:00-3:30PM

Strength & Balance

3:00-4:00PM

### Friday

Strength & Balance

9-10 AM

### Fitness Room

by appointment

M-Thur 9-2PM

Fri 9-11AM

**"The Town of Rockport and its Council on Aging provide this information to assist the community. They do not endorse or recommend any of the vendors."**

Hi Everyone,

During this time of Thanksgiving, I would like to thank our volunteers throughout this past year. If we didn't have the volunteers and groups assisting us, we would have been unable to provide the number of programs we have had.

A huge thank you to our Friends Group for providing financial assistance to so many of our programs and trips and our Council on Aging Board Members. Thank you to the many volunteer instructors who shared their knowledge and time with our community. A huge shout out to the Fish Shack Restaurant, The Open Door, The Rockport Garden Club, Old Farm Inn Supportive Living Horticulture Program, and The Rockport High School Soccer Team who have assisted us this past year by providing dinners, workshops, flowers, and assistance to seniors.

We would like to thank our military personnel and our veterans for providing protection and our freedom. We appreciate your service to our country. Many thanks for keeping us safe.

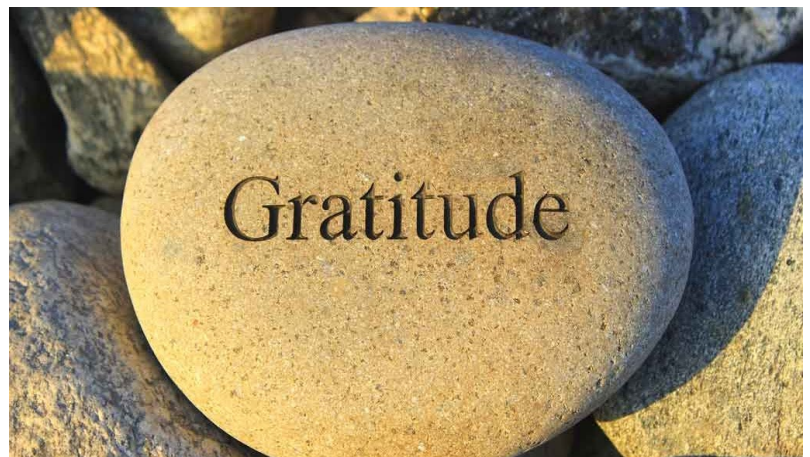
Please remember to check in at the kiosk which is at the entrance of the Senior Center. You will automatically be entered into a raffle for a gift card to be drawn in December. The more you check in for your classes, the more chances you will have to win. If you do not have a scan card, please go to the office to get one.

The Senior Center received a grant from SeniorCare to provide out-of-town medical transportation. Please call the office a week in advance if you will need a ride. This will not include going to Gloucester as the CATA Dial-A-Ride is available.

Please join us for our Holiday Luncheon in December. More details inside this newsletter. We look forward to celebrating with you.

**Happy Holidays!**

**Diane Bertolino  
Director**



**Lunch Served Every Day** Enjoy a meal together every day at the senior center with a serving time of 11:30 AM. Reservations are required in advance. Call Michelle at 978-546-5027 by 11AM the day before you wish to come. Please note the menu could change due to availability. Menus are available at the senior center. \$2 suggested donation. Special meals are listed below.

**Wednesday, Nov. 15th 11:30AM**

**Thanksgiving Celebration \$3**

(suggested donation)

Roasted Turkey  
on top of stuffing & gravy  
Whipped Potatoes, Dinner roll  
Mashed Butternut Squash  
Cranberry Sauce  
Pumpkin Pie



**Tuesday, Dec. 12th 11:30 AM**

**Carving Station**

**Traveling Chef \$3**

(suggested donation)

Choice of Turkey or Ham  
Potato au gratin  
Carrots & Green Beans  
Gingerbread Cake



**Thursday, Dec. 14th 11:30AM**

**Holiday luncheon \$3**

(suggested donation)

11:30 AM Lunch

***Live entertainment too!***

Beef Wellington on top of  
Garlic Mashed Potatoes with Parsley  
Mushroom Cream Sauce  
Carrots & Peas  
Cheesecake with Berry Sauce

## TRIPS

**Newport's Breakers Mansion Decorated for the Holidays, Wednesday, December 6th**

Visit Newport's most magnificent mansion all decked out for the holiday season. Our luxury motor coach will take us first to lunch at The Wyndam Resort's Johnny's Restaurant for a plated meal before we drive to the mansion. \$116. Meet at the Rockport Park and Ride for an 8:45AM departure. Expect to be back in Rockport by around 5:00PM.

**Local Holiday Lights Tour, Thursday, December 14th**

You don't have to travel far to enjoy all the bright lights and festive decorations that ring in the holiday season. Get in the holiday spirit! Join our merry group and tour neighborhoods in Gloucester known for their holiday lights. The Friends Group is paying for the bus but there is limited space. Free. Reserve your spot by calling the senior center. Meet at the Senior Center for a 5PM departure.

**Trips to Come**

Over the years the Rockport Council has organized trips all over New England, both on land and at sea. We've zig zagged across this region on fast ferries and trains and visited museums, historic sites and more, always breaking for a nice sit down meal along the way. We take a break during the winter months when the weather is unpredictable and could be stormy. But we will be back on the road in the spring. We are planning the trips now. Have you got a destination to suggest? We'd love to hear your ideas!

# WORKSHOPS, CLASSES AND SPECIAL EVENTS

## **Movies are back! Every Wednesday 1PM at the Senior Center**

Beginning in December, the senior center will be hosting movies on a big TV screen. Kick back and relax in one of the comfy armchairs in the dining room and enjoy a movie with your Rockport friends and neighbors. No need to Rsvp, just come on over. For the month of December we will be showing Holiday-themed movies.

## **Wreath Making Workshop, Wednesday, November 29th at 10AM**

Dress up your front door with a beautiful one-of-a-kind wreath made by you with direction from Friends Group Member and COA volunteer Elaine Boone. The center provides everything you will need to create something beautiful including a fresh balsam wreath and a wide selection of "topper" decorations. This is a popular annual event with limited space. Sign up today! \$15.

## **Holiday Flower Arrangement Workshop, Wednesday, December 13th 10AM**

Create a beautiful tabletop floral arrangement with fresh flowers and greens provided by the Rockport Garden Club. They will be on hand to provide instruction and help guide the creative process. You will go home with a colorful and fragrant table top centerpiece that you made! Vase included. Free. Limited space. Rsvp required.

## **Nutrition Myths, Tuesday, November 28th at 10:30AM**

Debra Davidson from SeniorCare will be back to talk about the real scoop behind nutrition myths and how nutrition impacts our health. Learn about which foods to focus on that will fit into a healthy lifestyle. The presentation is free but please Rsvp.

## **Heart Healthy Eating Presentation, Tuesday, December 5th at 10:30AM**

Join Rachel Orie from The Open Door to explore the world of heart healthy eating through an interactive cooking demonstration. The event is free but a minimum number of participants are required to proceed with it. Reserve your spot. Call the senior center.

## **Medicare Open Enrollment Counseling with SHINE**

Lydia Bertolino, Volunteer Shine Counselor of Elder Services of Merrimack Valley will be on site weekly October 18th through December 7th by appointment only. The SHINE program provides Massachusetts residents with access to health insurance counseling information and assistance free of charge with trained health counselors. Open enrollment is the only enrollment period where all Medicare beneficiaries can make changes. Medicare open enrollment starts October 1st and ends on December 7th for 2024 plans. Call the Senior Center to schedule a half hour appointment. Bring all Medicare insurance information, correspondence and cards with you to the appointment.

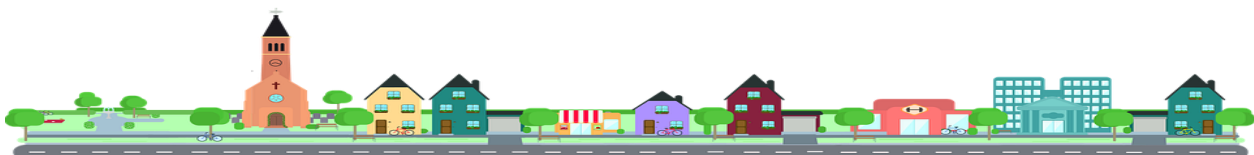
## **Best of Times Musical Events, Davenport Yacht Club in Danvers**

Treat yourself to an afternoon of live musical entertainment and a seated, plated lunch at nearby Davenport Yacht Club. These are "drive yourself events." Bring friends and carpool! Purchase your tickets at the Rockport COA. Lunch starts at 11:30 and show follows soon afterwards. Events run until approximately 3PM. For more details on the shows, visit [BestOfTimesTravel.com](http://BestOfTimesTravel.com) or inquire at the Senior Center. Tickets are purchased here at the COA.

**ABBA**, with the talented tribute band Dancing Dream, Nov. 16th, \$85

**Merry Country Christmas**, Songs of Family, Faith, Holiday Joy, Dec 6th & 7th, \$89

**New Year's Eve Party & Comedy Show**, Ring in the New Year, Dec 31st \$95



### **Attorney Advice and Estate Planning**

The first Thursday of each month, Attorney Troy Sullivan will discuss your legal concerns. All appointments are by phone at this time. 15 minute free consults, 9:30-10:15AM. Call 978-546-2573 to make an appointment.

### **North Shore VNA Nurse Drop-In**

The nurse will be at the Senior Center on the second Thursday of each month to check blood sugar levels, blood pressure and administer B-12 shots (with a prescription). No appointment necessary. See her here on Nov. 9th and Dec 14th from 9:00-11:00AM.

### **Constituents Services**

Constituent Services and Community Outreach Adviser Mary Ann Nay, representative for Senator Bruce Tarr, will hold December office hours at the Senior Center. No appointment is necessary. Meet her here on Wed. December 13th from 11:00-12:00PM.

### **The Open Door Farmer's Truck**

The Farmer's Truck will make regular stops at the Senior Center the first and third Tuesday of the month from 11:15-11:45AM. Fill the food gap with a little help from your friends at Open Door.

### **VOLUNTEERS NEEDED/ WILL TRAIN**

The AARP Tax-Aide program is a free, tax preparation service for taxpayers over 50 with low-to-moderate income that is staffed by volunteers. The program runs out of the Rockport COA one day a week from February through the beginning of April. Training is provided! Interested in volunteering? Contact SeniorCare's RSVP Coordinator Ruth Lindsay at 978-281-1750.

### **Town Tax Work-Off Program**

If you are the property owner of a Rockport house or condominium and you meet eligibility criteria, you may qualify for the Town Work-Off Program. Get a break on your property taxes in exchange for working a certain number of hours to benefit your town. More information and applications for the 2024 year are available at the town assessor's office or at the COA.



## **Donations to Friends of Rockport COA**

**Jane Kinsel**

**Carolyn Buckley-Cooper**

**In Memory of Dawn Trasoline**

**Julie Bubar**

**THANK YOU!**

## **TOWN SEEKS YOUR INPUT**

The Town of Rockport is developing a self-evaluation and transition plan to ensure residents and visitors have access to all Town buildings, programs, and services. An important part of this planning process is to provide opportunities for the public to offer input and voice concerns." You can help by taking a few minutes to complete a prepared ADA Survey, found on the "front" page of the Rockport Town website. There are two public computers available at the senior center and we are happy to set you up on site with the survey. Thank You!



### **The COA will be closed**

November 23rd & 24th

**Thanksgiving**

December 25th & January 1st

**Christmas & New Year's Day**



# A TRIP TO THE TOPSFIELD FAIR

Fun and adventure right nearby!



Rockport Council on Aging  
Diane Bertolino  
58 Broadway  
Rockport, MA 01966

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ROCKPORT, MA



### ***Donations***

We welcome all donations. If you would like to make a tax-deductible donation in memory or in honor of someone, or a bequest, please make checks payable to the *Friends of Rockport COA*.

Name \_\_\_\_\_ \$\_\_\_\_\_.

Address \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please circle: In Memory or in Honor of \_\_\_\_\_

***Mail to Friends of Rockport COA, c/o 58 Broadway, Rockport, MA 01966***

**THANK YOU!**